MML113

chhoti chhoti BATEIN

- *Are you in it to win it?*
- *Those you touch you change & much more*

"In silence we face and admit the gap between the depth of our being, which we consistently ignore, and the surface which is untrue to our own reality. We recognize the need to be at home with ourselves in order that we may go out to meet others, not just with a mask of affability, but with real commitment and authentic love. That is the reason for choosing silence.

-Merton, Thomas. Love & Living.
Naomi Burton Stone and Br. Patrick Hart, Editors."

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The Art of Managing

Conflict occurs in situations in which people are

interdependent, seek different outcomes, favour different methods to the same end, or receive others are interfering with their ability for rewards or resources. A person's behaviour in conflict situations can be described by two basic dimensions-assertiveness and cooperation. Assertiveness is the extent to which the team member attempts to satisfy his own concerns. Cooperation is the team members attempt to satisfy the other person's concerns. There are five specific methods of dealing with conflict using these two dimensions: competing, collaborating, compromising, avoiding and accommodating.

Each one of us had a tendency for one or more behaviour styles depending on the situation. When teams form, there will be conflict. How do you handle conflict?

Conflict has value, If you discourage conflict, you will have trouble building good teams. Knowing that each person is different allows us to go into a group of team with the understanding that everyone will have different opinions and thoughts. But if we think everyone is the same, we

will be really disappointed and hurt when someone differs from us.

We each have the responsibility to be aware of the differences and uniqueness in each of us. Conflict is good. Be open to differences. Knowing that each person is different allows us to go into a group or team with the understanding that everyone will have different opinions and thoughts.

-Jane Macken

Experiment

This is a story about a famous research scientist who had made several very important medical breakthroughs. He was being interviewed by a newspaper reporter who asked him why he thought he was able to be so much more creative than the average person. What set him so far apart from others?

He responded that, in his opinion, it all came from an experience with his mother that occurred when he was about four years old. He had been trying to remove a bottle of milk from the refrigerator when

he lost his grip on the slippery bottle and it fell, spilling its contents all over the kitchen floor - a veritable sea of milk!

When his mother came into the kitchen, instead of yelling at him, giving him a lecture, or punishing him, she said, "Robert, what a great and wonderful mess you have made! I have rarely seen such a huge puddle of milk. Well, the damage has already been done. Would you like to get down and play in the milk for a few minutes before we clean it up?"

Indeed, he did. After a few minutes, his mother said, "You know, Robert, whenever you make a mess like this, eventually you have to clean it up and restore everything to its proper order. So, how would you like to do that? We could use a sponge, a towel, or a mop. Which do you prefer?" He chose the sponge and together they cleaned up the spilled milk.

His mother then said, **"You know, what we have here is a failed experiment in how to effectively carry a big milk bottle with two tiny hands. Let's go out in the back yard and fill the bottle with water and see if you can discover a way to carry it without dropping it."** The little boy learned that if he grasped the bottle at the top near the lip with both hands, he could carry it without dropping it. What a wonderful lesson!

This renowned scientist then remarked that it was at that moment that he knew he didn't need to be afraid to make mistakes. Instead, he learned that mistakes were just opportunities for learning something new, which is, after all, what scientific experiments are all about. Even if the experiment "doesn't work," we usually learn something valuable from it.

-HeartSpeaks

Courage is the first of human qualities because it is the quality which guarantees all others."

Sir Winston Churchil, 1874-1965
British Statesman, Prime Minister and Author

VARIETY

There is a familiar pattern to life. That pattern is that the less pattern, the better.

Rather than eat the same thing every day, mix it up. Your body craves variety of nutrients.

Rather than the same exercises every day, mix them up. Your muscles will grow faster.

Rather than studying the same way each day, mix it up. Combine recency, frequency and vividness, reading, writing, listening and speaking to learn more.

Variety truly is the spice of life.

Graduation

After a break of about nine years, I returned to my career (part time at first) to find that the old diploma qualification that I had got had been replaced with a degree and I felt less qualified than the younger counterparts.

I decided to do something about this, especially since I had always felt that I should have taken a degree course in the first place, so I returned to college and did a diploma in a related subject. I next did a post-graduate diploma and finally graduated in 1996 with a Master's degree. By that time I was exhausted. I had been working full time and had two children. Without the love and support of all my family (especially my husband) I would never have got through it, the thesis I wrote was my "Mount Everest." My husband would take over the housework so I had no excuse not to study, and take the children out somewhere every Sunday so I had some peace and quiet to write my thesis.

I did NOT want to go to the presentation ceremony. I just wanted to get my piece of paper

and put it all behind me - to get on with my life again. However, my husband insisted that I attended the formal event. He said he deserved it after all he had been through!! I reluctantly agreed and sent off for the tickets. When the tickets arrived there was an extra one and I casually mentioned it to my mother. She immediately said "Why not invite your father to come along?" I thought it was unfair to invite just one of my parents but she said she really wanted him to go and told me why.

When my father had studied for his degree in the 1940's, it had been a struggle. His parents were not wealthy and he had had to work his way through, doing road mending and all sorts of jobs to help fund his learning. He met my mother whilst he was studying and they were deeply in love. When he eventually qualified, he spent all his remaining money on an engagement ring for my mother and so he could not afford to travel up to London to collect his degree. So he never went to his award ceremony and never got to wear the gown to which he was entitled.

I was very glad to invite him to come to my ceremony.

When I got to the robing room, I mentioned the fact that my father had never been to his award ceremony to one of the staff who were handing out the pre-ordered robes. He asked me what university it was and

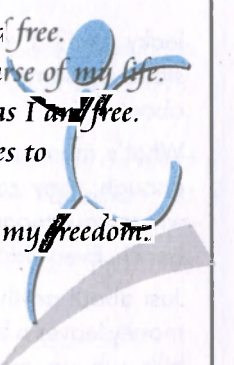
what year. I told him, and he asked me to wait. When he returned, he had found the correct robe for my father and absolutely insisted that we borrow it free of charge. My father felt a bit silly at first, but everyone convinced him that it was his right to wear the robe and we had our photographs taken together for my mother. It was an absolutely magical day that I could never have expected. I am so glad that my husband insisted that I went.

My son expects to graduate next year, and God willing, we plan to have another picture taken, this time with all three of us.

-Bob Proctor

Affirmations for FREEDOM

I choose to become fearless and free.
I am free to determine the course of my life.
I allow others to be free, just as I am free.
I let go any influence that tries to limit my freedom.
Self - realization is the key to my freedom.



THOSE YOU TOUCH... CHANGE

Did you know that your money likely has traces of cocaine on it?

A study by Jack Demirgian of the Argonne National Laboratory revealed that a full 78% of the currency circulating in Miami and other major US cities carries trace amounts of cocaine. That's probably true elsewhere, too.

They were only looking for cocaine, but I wonder what else might be found on the bills? Maybe fast-food products, such as frying grease, mustard or teriyaki sauce? Tea or coffee? And how about rouge or lipstick from purses and lint from pockets? Perhaps ink from a leaky pen? I've found more indistinguishable stains on some of my money than I care to think about.

What's more, we're told that if they look closely enough, they can even learn something about where your money has been. To the store. To the beach. Even hidden beneath a mattress.

Just about anything that comes into contact with money leaves a bit of itself behind. Then, when the bills rub up against each other in a wallet or billfold, they share contaminates. Everything the

bills touch will be changed, however slightly. So it is with us. Everything we touch is changed. I used to play English hand bells. "Don't touch the bells with your bare hands," we were told. "Wear gloves." The oils from our hands changed the quality of the bells.

Everything we touch is changed. And everybody we touch is changed - even if we're not infected with something contagious. I'm not only talking about physical touch, either. Often we touch their minds and spirits and hearts. Everybody we speak to, rub shoulders with or even smile at...is changed in some minute way. These changes can be helpful or hurtful, depending on our interaction. It is like leaving a piece of ourselves behind with everyone we meet, and taking a piece of them with us.

And even little changes can make a difference. NO ONE is insignificant in this regard.

Bette Reeves said, "If you think you are too small to be effective, you have never been in bed with a mosquito."

You don't need to be a mosquito to have an effect on people around you. The question is: what little part of yourself will you leave behind? How will you influence them? Will your encounter be thoughtful or hurried?

Helpful or harmful? Intentional or accidental?

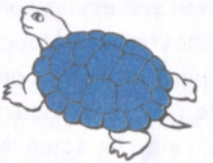
There is something awe-inspiring about the

influence we have on one another. Whom will you touch today? What will you leave behind, and what will you take with you?

- Steve Goodier

Turtle

The Chinese revere the turtle as a symbol of wise, intelligent living. The turtle carries its home (its shell) with it wherever it goes. It moves slowly and deliberately, never rushed.



The more at home we are with ourselves, the more others enjoy and benefit from our presence. A desperate person attempts the impossible by demanding happiness and attention from the environment. Others sense this undercurrent of pressure and withdraw.

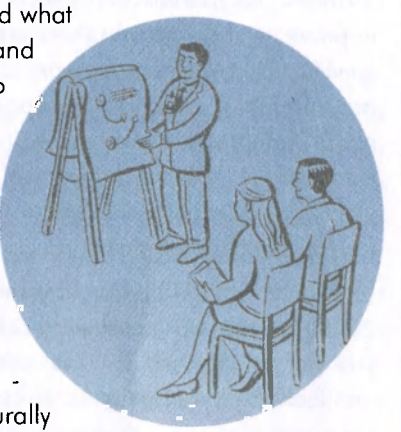
Slow, deliberate movements can never be authentically expressed as long as I think my home exists someplace else. If I know I'm already there, then where's the hurry? "The happiness we receive from ourselves is greater than that which we obtain from our surroundings." (Metrodorus)

Find out what the most destructive and poisonous emotions you may have that could be destroying your dreams.

-Peggy McColl's

The Counting Principle

As my friend re-filled his water bottle, he took a marble from one container and placed it into another. I asked what he was doing and he explained to me it was a part of the 'Counting Principle'.



For every goal you can make quantifiable - you will be naturally driven to improve.

I realized that human beings are geared for growth. The time we spend in school is learning lessons, sitting tests, and progressing when we have proven our worth. Our applicable intelligence is valued on a scale with reference to the pass-mark. If I was a C student and now I'm a B, I am rewarded by my support network and by the increase in self-worth.

This behavioral pattern stays with us throughout life. We continually strive for development and progress in all areas of our life - and it is easiest to

value this effort and worth when it is placed on a quantifiable scale.

The start of each year is the most common time to set personal goals. It is natural to evaluate the previous 12 months and challenge yourself to improve in the next. And we are taught to be specific with our desires. 'I want to lose weight' is not enough. It is correct to specify exactly 'how much' weight you intend to lose. 'I want to be rich' is too vague - Exactly 'how much' money do you want? 'I want to get fit'... could turn into... I will run four miles without stopping.

Let's start with weight loss. If your goal is to lose 20lbs, how do you know how you are going unless you get on the scales? You need quantifiable justification of your progress to continue with the improved diet and increased exercise, otherwise your desire will fade as you will not see progress.

For the runner who has measured a 4 mile circuit around their neighborhood and makes just 1 mile on the first day before slowing to a walk, will definitely be driven to push past the same mark on the next attempt. We need a measurable challenge to push ourselves. This runner would not stop 10 houses short on the following run because they would be admitting defeat. They would push 10 houses past the last mark. And the next day, 10 houses past that. No one likes taking a backward step.

The counting principle states: Anything you can measure and compare - you will instinctively look to improve.

And everything you wish to achieve is quantifiable. That means, no matter what your goal - there will be a way to measure your progress.

My friend knew he was drinking too much soda, so for every bottle of water he drank he added a marble to the reward pile. At the end of the month he counted the marbles and compared it to the previous month. If he had more than before he organized a treat (like a massage) as a reward. Without the marbles he could not have known his progress. As he was striving for growth, and he had means to quantify his efforts, he naturally wanted to drink filtered water and not soda.

Look at the goals you have set for yourself right now. If they are not quantifiable, re-word them so they are. Measuring your progress will keep you focused and boost your self-worth.

Achieving your goals becomes easier when using the Counting Principle.

- By Nigel Coates

I've learned ....

That one should keep his words both soft and tender, because tomorrow he may have to eat them

Breath

Breath lives closer to us than anything else. To breathe better is to live better.

Full and healthy breath cycles effortlessly through four phases: inhale / retain / exhale / rest. The profitable use of inner life information follows the same stages.

Reading, audio and video, classes and discussion are among the methods for inhaling information. Contemplation, experimentation and making lists of your connections, these are practical ways to retain the information for awhile.

Then, unlike conventional worldly information that gets mentally stored, inner life information has one purpose - to cleanse and open. Attempts to store the information lead to competitive comparison, top heaviness and rigid religious structures. This third stage, exhalation, is perhaps best described as an intelligent willingness to not know. Happiness is Beingness, the bubbling spring mentioned above. After all, no isolated self exists that can Know, since true Knowing flows freely without reference to apparent selves and boundaries.

The fourth stage of the cycle, rest, includes simply

noticing the silence, and at other times it includes recreation. J. Krishnamurti, for example, surprised people when they heard he loved to read detective novels. Vernon Howard enjoyed reading history for recreation. Gurdjieff relished telling and listening to jokes while taking a Turkish bath.

Personality, when free of neurosis, colors the world with wonderful diversity.

Butterflies

"Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you sit down quietly, may alight upon you."(N. Hawthorne)

We begin this quest with persistent efforts to stay alert, refusing to roam in the maze of associative, unchecked thinking. This initial (and necessary) stage of effort can be compared to the caterpillar stage of the butterfly. Without this initial struggle, there can be no stirring up of dormant inner powers.

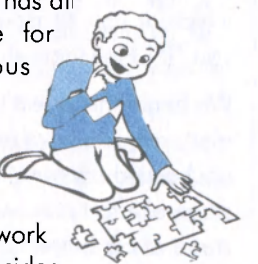
Just as the butterfly breaks free of the shell and flies, so intelligent effort gradually gives way to understanding. In the beginning, to quote author Vernon Howard, "We work hard because we don't yet know enough to work easy." The transition from hard to easy, therefore, is from effort to

listening- from movement to catch the butterfly to receptivity that invites the butterfly, and when it alights, to cherish it.

Jigsaw Puzzle

Because of your life experiences, genetics and countless other factors, there is no duplicate to your life-puzzle, or one even similar. Your puzzle is truly unique!

We may investigate the viewpoints and discoveries of others to see what pieces of the jigsaw puzzle they may have found, that we can perhaps find within our own puzzle. However, thinking that any program or given teaching has all the pieces of the puzzle for you, closes off precious possibilities.



Many have found writing and journals to be a powerful piece of their puzzle; it is one that may work wonders for you also. Consider the immense benefits of having your own expanding row of journals on your bookshelf, teaming with insights and memories for your eyes only!

The aim is to grow keener in registering any internal magnetic attraction that brings two pieces of the vast puzzle together. Sometimes twenty pieces come together all at once! Why would one fail to take notice of this for future reference?

Wine makinG

For the best quality grapes, wine makers know the environment cannot be lush and easy. You find flourishing wineries in somewhat dry looking, semi-desert areas. Without challenges, the best flavors of the grape stay dormant.

One great Sufi wrote he was concerned God had deserted him, since challenges and difficulties had disappeared from his outer life. What a diametrically opposed viewpoint to the mindset found in our modern times, where most students primarily seek comfort and ease under the guise of the "spiritual" search.

Are You in It to Win It?

Have you ever heard this? "It isn't whether you win or lose. It is how you play the game." I am sure you have. But do you know who said it? Some guy who came in second place!

You see, I have a problem with that statement. It presupposes, or at least strongly suggests, that winning and playing the game "right" are mutually exclusive propositions. Perhaps we ought to have this as our goal as we pursue success: We want to win, while playing the game right! I totally disagree with the statement that we should win at all costs. Instead, we should do

everything good that we can to win at this game we call life. And we ought to also do all that we can to help others win.

With all of that... here are some thoughts on being in the game-to win!

Any "game" worth playing is a game worth pursuing a win in. If I get into a game, I play to win. What nobility is there in playing like a slacker? What virtue is purposeful mediocrity? None! I live my life to be a winner-spiritually, financially, physically, emotionally, relationally-every area of my life! If it is worth doing, it is worth playing for the win!

It is good to win. We live in an age now where people have reacted to sore winners by saying that we shouldn't strive for winning. Many of our schools have abandoned the idea of competition, and our educational scores show that. Kudos to all of the teachers out there who still tell their kids that they can be winners! It is good and noble to win! It is something to strive for. It is good to push ourselves, to stretch and reach for victory. It is a grand thing to want to win!

There doesn't have to be a loser in life. Yes, in teamed competition, there are always losers (but

more on that in a bit), but in life, you can all win! We can all strive for the best and give it our all to win.

Winners are the ones who move families, businesses, organizations, cities and countries ahead. Winners are the ones who push progress. You don't think that couch potato is the one who will cure cancer or open up the next great technology do you? No. It will be a person who has chosen to be a winner!

Losing can mean winning. Just because your score in a game or contest is the least at the end of the game doesn't mean all is lost. You can still be a winner in that you gave it your all, you competed at your highest level, you learned new skills and strategies, and you became a better player and person. That is winning in my book!

Winners help others win. That is right, good people, people who pursue winning by excellence, are also people who stop to help others so that they, too, can enjoy the spoils of victory. Pursue the win, but help others achieve all that they can as well!

Winners make everyone better. When I get into athletic matches I want to play against the best. Yes, I may come up short in the score, but I will be better because that winner will make me grow in every area of my game! Winners stretch the losers so they can become winners too!

-Chris Widener

Silly Intelligence Tests

Q1. Why is 6 afraid of 7?

Because 7 ate 9.

Q2. How many books can you put on an empty shelf?

One. After that it isn't empty.

Q3. A farmer has 17 sheep. All but 9 die. How many does he have left?

9

Q4. If you have one match and you walk into a room where there is an oil burner, a kerosene lamp, and a wood burning stove, which one would you light first?

The Match!

Q5. Two men play 5 games of checkers. Each man wins the same number of games. There are no ties. Explain this.

They did not play with each other.

Q6. Some months have 31 days, how many have 28?

All the months.

Hope

Hope is a wonderful thing
Hope is always nice IF you hope well for others
Hope.....Hope.....Hope
Hope for your self
Hope for your family
Hope for friends
Hope for enemies
Hope for the poor
Hope for the rich
Hope never starts
Hope never ends
But Hope will always go on

-Adriana Salomon

Heaven and Earth give themselves.
Air, water, plants, animals, and humans give themselves to each other. It is in this giving-themselves-to-each-other that we actually live.
Whether you appreciate it or not, it is true.

- Kodo Sawaki

EXPRESSIONS

"Anger is a roller coaster ride, starting from foolishness and ending at repentance."

Dr. Arun Mishra*
M.D. (Medicine)
*Contribution from Dr. Arun Mishra,
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